HELP AGAINST HATE

COMMUNITY CONVERSATIONS

SOCIAL MEDIA AND ITS IMPACT ON MENTAL HEALTH

led by Westside Community Services Ajani Program Staff, Doug Ronning, LMFT; Marianna Gibbs and Kia Wallace

Wed. May 30 12:00pm 25 Van Ness Ave. Rm. 800

Many researchers have found that the more time you spend on social media, the more likely you are to suffer from mental health issues. This is especially true for children and youth, however, prolonged and excessive use presents dangers that have become more evident in adults as well-Homewood Health. Join us for an engaging discussion and game on the different types of social media and their impact on mental health.

Win a prize! Bring a friend or two for your chance to win!

Westside Community Services Ajani Program provides outpatient mental health services to children, youth and their families, ages 5-21.

For more information, visit sf-hrc.org/community or contact the San Francisco Human Rights Commission: 25 Van Ness Ave., Room 800, San Francisco, CA 94607 • (415) 252-2500 • hrc.info@sfgov.org • sf-hrc.org